

Holy Week Sacred Space

A Sacred Space is a point of focus for prayer. It is a centre for reflection-it helps point to the sacred space within each person. It helps us to become still, to allow God to speak to us in the quiet of our hearts.

A simple Sacred Space can be placed somewhere in the house and during Holy Week the family can gather around it, light a candle and pray.

The children are used to Sacred Spaces in their classrooms in school.

It can be on a table, on a floor if you have room, on a shelf, on the windowsill, on an upturned box. Try and find a cross, a sacred image of Jesus, of the Holy family-whatever you have in the house. Someone in the family could draw an image of Jesus.

Sacred Spaces are best kept simple-cloth if you have some-if not don't worry, a light/candle of some sort and if possible, a Bible. If you don't have a bible you could copy or print off some of the lines from the Bible, from the stories of Palm Sunday, Holy Thursday and Good Friday and place that in the Sacred Space.

